

Why should YOU live healthy?

1. Being active and eating healthily can **boost your job status** and income!
2. An active lifestyle improves your **attention span, focus and memory.**
3. You can be more productive at work and make **more money.**
4. Exercise helps mental and emotional health too! You will **feel happier** and experience less stress than those who do not exercise.
5. Being active **gives you energy** and activates your immune system. Exercise can ward off colds and the flu.
6. Healthy foods can **prevent disease!**
7. Exercising **reduces stress** by increasing endorphins, the “feel-good” chemical in the brain.
8. Exercising **improves balance and coordination.**
9. Regular exercise also **improves mood and self-esteem.**
10. Healthy living today can result in a **long and healthy future.**



Healthy Eating and Active Lifestyles

